

- Puncak Jaya 16,023 feet / 4884 meters
- Surinam Mountain Range
- Highest Mountain in Australasia



**ROOF OF OCEANIA**  
Challenging climbing in a wild alpine setting make this the most technically challenging of the 7 Summits



**CULTURAL**  
The local indigenous cultures add a unique dimension to this expedition.



**PERSONALIZED SERVICE**  
The highest quality Expeditions with a no-compromise commitment to your experience.

# Mountain Trip

## CARSTENSZ PYRAMID Planning and Preparation



MountainTrip.com

# PUNCAK JAWA

16,023' / 4884M



## OVERVIEW

### Welcome to Mountain Trip's Carstensz Pyramid Expedition

Mountain Trip is the most experienced western guide service leading expeditions to Carstensz Pyramid. Our guides have led more than a dozen trips up the mountain over the years, providing our climbers with a unique depth of resources and local knowledge. Located on the western half of the island of Papua, the world's third largest island, this is the highest peak in the Australasian continent and one of the most difficult of the seven summits to gain access to. The challenges posed to climbers are numerous, and include the technical rock climbing on the route itself, but moreover, in merely accessing the mountain. Carstensz is situated in the province of West Papua (formerly Irian Jaya), a remote corner of Indonesia. There is no easy way to reach the base of the mountain and climbers must therefore either commit to a grueling trek through the jungle or arrange for a helicopter flight over the rainforest and past a heavily guarded and restricted mine.

"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves."

-John Muir

The climb itself involves fifth class rock climbing on beautiful limestone to gain the summit. Carstensz Pyramid is the highest peak in the Surinam mountain range that transects the island and the views looking out over the jungle and beyond to the blue Pacific Ocean from the summit of this mysterious mountain are a rare and very special experience.

The island of Papua is one of the most exotic and fascinating places left to travel in the world. The local people belong to hundreds of different tribes including the Dani, whose men still wear the traditional penis gourd and little else. We often have the opportunity to visit a village as we make our way to the mountain and can help interested climbers organize an extension to visit villages not far removed from the Stone Age.



# OUR ROUTE



We climb the original route up the North Face and along a sharp ridge to the summit. Most of the climb is scrambling on beautiful, sharp limestone, but there are sections up to 5.6 in difficulty.

After a short hike from Base Camp, we begin with a short, steep section of rock and enter a long gully system that will lead us to the summit ridge. We will fix ropes on much of the route, which aides us on the descent, especially if the weather turns to rain or snow.

The summit ridge is beautiful and exposed. At times is relatively broad, but it narrows to a true knife-edge ridge at times, with really interesting climbing.

The cruxes of the route are three "Gaps" on the ridge, which require various combinations of technical climbing and ropework to negotiate. The First Gap especially is not for those with a fear of heights!

Climbers need to have some rock climbing experience prior to coming to Carstensz and please plan on brushing up on those skills before the trip. We will advise you about specific skills to work on. The island is very rainy and you should expect to be traveling and climbing in the rain at times. If we have extra days at base camp we can climb nearby Ngapulu Jaya, which still has remnant glaciers, a strange juxtaposition on this equatorial island.



*"Climbing is the only cure for gravity."*

# CLIMBING IN INDONESIA

▶ **Reaching the Mountain Can Be the Biggest Challenge:** Carstensz has some great climbing and is situated in one of the most interesting, bizarre and beautiful landscapes we have ever seen. Unfortunately, just reaching the mountain can be the biggest challenge for climbers.

This trip is really very different than any other trip we do in many ways. We have little control over many of the elements of this trip, such as the helicopter program, and as a result, our well-planned logistics can run into roadblocks at several steps of the way. From the onset, climbers need to accept that there **will** be frustrating delays beyond the scope of our control on a trip like this. It is an adventure, and even reaching base camp is not assured.

We only stress the above, because we have had a lot of experience leading Carstensz Pyramid expeditions. We have guided nine expeditions to the mountain over the past six years. Two other times, we saw indications that led us to believe that circumstances were transpiring that would prevent us from being able to successfully run the trip, and so we cancelled our departures. We would rather cancel a trip than have our climbers spend weeks sitting around waiting for a trip to materialize that just will not happen.

Papua is an amazing place, and if you bring a spirit of adventure and some patience, we are confident that we can get to the mountain. Once at Carstensz base camp, it is just a really fun one-day climb to the summit. It's a relatively long day, but it is a very aesthetic climb. We just want to be sure that anyone who is signing up for a Carstensz climb realizes that this is unlike any other trip that we run, where we have control over the logistics and access and generally count on running a smooth trip.

## The Helicopter Options

We have used a number of different helicopters to access the Lakes Base Camp. Different aircraft are available each year, and each has its own pros and cons. The benefits of helicopter access are obvious with its relative speed and its ability to bypass the challenging jungle lowlands.

Some of the challenges of helicopter access are in a company's ability to guarantee its availability for the expedition and the availability of fuel for the aircraft. Helicopters are also notorious for needing maintenance and occasionally parts need to be brought in from afar, resulting in delays. Some of the smaller helicopters can only fly with 3 or 4 people, and therefore need to make multiple trips to get a team inserted into BC.

An outfitter with good connections can mitigate and prevent many of these challenges from halting an expedition, but sometimes things conspire to just prevent the helicopter from flying. We have very deep contacts and have had very good success with the helicopter access option in years past. It looks like we have a good likelihood for such access for the next six months to a year.

## The Trekking Option

Trekking in adds a completely different dimension to the expedition and adds about four days to the length of the trip. We are currently using this option as our "Plan B," with the helicopter option being preferred means of access.

The trek is wet and muddy. We would fly in a fixed wing aircraft to a nearby village and then hike for 4+ days to reach the mountain's Base Camp. We are hiking through a tropical rainforest, and it could easily rain every day. Creeks need to be crossed and these can range from challenging to dangerous. Staying healthy in such conditions can be very challenging, and some trekkers have been bitten by infectious bugs that left them with undesired souvenirs from their climb.

We will employ local porters to help carry our gear to the mountain and they are notoriously fickle and known to go on strike for more wages. We must also make arrangements with numerous local institutions such as the police, military, missionaries and the local chiefs in order to facilitate this option. Only when all the requisite people are happy can we move ahead and make the trek, so delays are to be expected with this option.



# SAFETY

## US Trained Guides

This is a sensitive subject, especially in light of the relatively recent trend toward increased guide training in some parts of the world, but there is no comparison between US trained guides as far as having a higher level of client care, medical and technical training than do Indonesian guides. Alpine climbing skills are relatively easy for anyone to learn, but the larger skill set of taking care of your clients, nurturing them and setting your own personal ambition aside to better help the team are, to a large extent, grown through cultural influences and through lengthy apprenticeships in the mountains working under patient, experienced mentors.

Mountain Trip is an industry leader in developing exceptional guides long before we allow them to lead any of our expeditions. We have a nearly 100% return rate amongst our guides, and have many guides who have worked for us for 5-10+ years. Our team of guides is caring and compassionate, yet know how to get the job done when the situation dictates it.

## Medical Training and Protocols

All our guides hold current medical certifications and are well versed in the most current protocols of altitude medicine, administered over by our company physician, Dr. Peter Hackett, perhaps the foremost altitude medicine practitioner in the US, and founder of the Institute for High Altitude Medicine in Telluride, Colorado.

## Acclimatization Schedule

We will do our best to maintain an acclimatization schedule that allows for a solid base of acclimatization before pushing to the summit, however; sometimes the challenges of getting to the mountain eat into our schedules and we must then rely on a model that essentially "races the acclimatization

clock." We try to average approximately 1000' (300m) of elevation gain per day, which we feel is an appropriate acclimatization schedule for almost every climber.

## The Importance of Communication

On-mountain communication is facilitated by our US trained guides, but we cannot stress how important it is that you keep them apprised of how you are feeling on a daily basis. Our guides have deep resources to call upon if they know of a developing situation. Many mountain ailments or minor injuries are easily dealt with in their early stages, but can become serious if not addressed.

## First Aid and Health Checks

An important part of climbing a big mountain is closely watching everyone for signs of any health problems. Dehydration, coughs, or serious fatigue all can be managed if caught early and treated correctly. We carry well-equipped medical kits complete with pulse oximeters. This latter tool is helpful in distinguishing between certain ailments and an altitude related issue, and is only one part of a larger comprehensive program of checking everyone's health at each step on the hill. As mentioned, communication with the guides is important so that we can help mitigate an arising health problem before it becomes a more serious issue.



An ounce of prevention is worth a pound of cure.

## Pre-Trip Communication and Training

Our office is staffed with Carstenz veterans. Use us as a resource as you train for your expedition. Carstenz demands a higher technical skill set than do the other Seven Summits. Good physical fitness is also important and we encourage you to train specifically for this climb. We like to see all our climbers develop safe and self-reliant habits that will last long after our expedition. Contact us for details on what skills to specifically practice before your climb and to provide advice as you assemble your clothing and equipment.

## Weather Forecasting

We use several sources for weather forecasting. Multiple weather models, combined with the guide's experience in interpreting mountain weather, provide us with lots of information with which to better make challenging decisions.

## Satellite Phones

We have a satellite phone on every expedition. Phones are primarily for emergent use and for communicating daily updates with our office, but are available for personal use as well.

# GENERAL INFORMATION

## SO WHAT ARE YOU LOOKING FOR?

People climb peaks like the seven summits for many reasons. Some just love being in wild places, while others want to challenge themselves physically and mentally, and for some it is to fulfill a lifelong dream. Climbing big peaks is serious business and every summit attempt requires a very deep sense of commitment and dedication. So please ask yourself, what are your goals on Carstensz? Take an introspective look at the risk vs. reward as you make your decision. Any mountaineering trip involves a certain amount of risk. Our use of conservative, experience-based decision making will help minimize those risks and increase your chances for success, but ultimately, big mountains can be unforgiving and require serious reflection.

Team members are ultimately responsible for their own well being. This includes making all necessary preparations to ensure good health and excellent physical conditioning both before and during an expedition. Our guides will oversee and discuss important issues along the way, but you should arrive in Bali very well prepared. Team members are responsible for understanding the conditions and risks that may exist on the climb and communicating closely with the guides. Over the course of an expedition, it is not unusual to have doubts or a change in focus. You need to keep in close communication with your guides at all times so that we can better help monitor your progress. Before an expedition, team members are responsible for having knowledge of all pre-

## RESPONSIBILITIES OF TEAM MEMBERS

departure information, preparing themselves to be in a very high level of fitness, and for assembling the appropriate clothing and equipment for the expedition. We will provide detailed guidance, but please contact us with any and all questions. While on the expedition, team members are responsible to listen closely to the guides at all times, maintain basic levels of hygiene and to conduct themselves respectfully with other team members, staff and members of other expeditions. We cannot stress how important open communication between everyone is on this trip.



# GENERAL INFORMATION

We will meet on the exotic island of Bali for this expedition. Bali is a major destination unto itself and it is well worth planning on spending an extra time to visit the area and indulge in the world renowned surfing, whitewater rafting, or enjoying the bustling beach culture and temples.

We will be staying in a 4 star hotel in Bali within a convenient walking distance to downtown Denpasar and the popular Kuta Beach area. We have used a very nice hotel in the past called the Bali Padma, however we have numerous options.

Your Mountain Trip guide will be at the airport to meet you upon your arrival if possible. If we miss you at the airport please look for a representative from the hotel, holding a placard with your

name on it. If all else fails, a taxi from the airport to the hotel will cost around \$15 US, and takes 15 - 20 minutes.

US dollars are still widely accepted in Bali, but you will want to change some for local rupiah. We find credit cards are generally the easiest way to pay for hotel rooms, restaurants, etc. as you will generally get a very good exchange rate. You can also get Indonesian rupiah with your ATM card at many locations around Bali. Please have a way to get rupiah, such as an ATM card, or bring a supply of cash.

Remember that you are responsible for some of your meals while in Indonesia. We will provide accommodations for you for up to two nights before departing for and one after returning from Papua.



**AIR TRAVEL** Denpasar is a major destination and air travel arrives from many points of departure. It is a good idea to arrive in Bali a day early if your schedule permits to assure extra time in case of any flight or baggage delays.

There is a visa-on-arrival for most visitors, costing \$25 USD and good for 30 days. It is important to plan enough time to comfortably accommodate our itinerary. Stressing out about missing an early flight is a waste of good energy. Definitely make sure that your return flight will not be canceled if you miss your departure date.

For unparalleled travel support at reasonable rates, contact Pirjo DeHart at CTT Destinations: +1-425-831-0367 or [Pirjo.dehart@cttdestinations.com](mailto:Pirjo.dehart@cttdestinations.com) If your passport is due to expire within six months of the end of your expedition, we recommend updating that ASAP. There are currently no mandatory vaccinations for Indonesia, but we advise visiting your doctor and updating any vaccinations they may recommend.

If you are delayed or have any problems with your travel to Indonesia, please let us know immediately at [info@mountaintrip.com](mailto:info@mountaintrip.com) or call our office at: +1-970-369-1153.

## TRAVEL TIPS

- Save the entry/departure forms that you fill out upon arrival in Denpasar and keep them in a safe place. You will need the copy the Immigration agent gives you to depart the country.
- Bring along two photocopies of your passport and keep them in different places...just in case.
- Strongly consider bringing your boots along as carry-on luggage. You can probably find most anything you need in Bali in the event that your bags don't arrive, but it will be hard to find good fitting boots.
- Play it safe and drink only bottled water in Bali. It is readily available, so please try to stay hydrated even before the trip.
- Food in Indonesia is generally delicious and adventurous. It is, however, best to avoid foods that are very different than what you eat at home as you want to stay healthy before the trip.
- Keep your valuables locked up in the hotel safe and use discretion when pulling out wads of Indonesian currency, as you might be inadvertently flaunting a year's wages in front of someone.
- Bring \$300 or so in small bills to Papua and on the mountain. It is nice to have some money in case we run into locals selling their wares and for gratuities for the local staff.
- We might be able to leave bags at our hotel in Papua, but pack light as we might not be able to do so. Everything depends on how we access the mountain and from where we do so.

CUSTOMIZE YOUR  
EXPERIENCE

# SERVICES

# PROVIDED



**What's  
included.**

**What's not.**

**What's  
possible is  
entirely up to  
you!**

## INCLUDED IN TRIP FEE:

- Unlimited pre-trip access to our office resources
- US trained, Mountain Trip guide(s)
- Airport transfers
- Up to two nights accommodation in Bali before departing to Papua (all lodging is based on shared room)
- One night accommodation in Bali after returning from Papua
- Welcome dinner in Bali
- Up to two nights accommodation in Papua
- Scheduled air services for the team
- All transfers between Bali and Bali
- All food while on the climb (and trek if we trek into BC)
- Up to 15 kg of personal equipment to base camp
- Porter services for the trek, should we hike in
- All group equipment (tents, kitchen, ropes, med kit, satellite phone)
- Custom expedition dispatch blog for your climb, complete with podcasts from the mountain
- Assistance arranging post climb activities such as cultural tours, rafting, etc.

## NOT INCLUDED:

- Flights to and from Indonesia
- Personal clothing and equipment per our equipment list
- Meals and beverages beyond the welcome dinner while not on the mountain.
- Additional nights' accommodation in Indonesia beyond those in the itinerary
- Travel and rescue insurance (**THIS IS HIGHLY RECOMMENDED FOR THIS EXPEDITION!**)
- Costs incurred due to evacuation or unplanned departure from the expedition due to illness or other problems (This can very quickly add up to a tremendous sum, hence our strong recommendation for trip insurance above)
- Costs incurred as a result of delays
- Customary gratuities for guides and local staff
- Excess baggage and portage charges for anything over 15 kg of personal equipment
- Costs as a result of force majeure

## ADDITIONAL OPTIONS:

- Single room supplement (\$150 per night)
- Cultural extension to visit indigenous tribes on Papua
- Extension to visit the island of Komodo and the Komodo Dragon National Park
- Golfing outside the city of Timika, should our access to the mountain go that route



# ITINERARY

## HELICOPTER ACCESS | PUNCAK JAYA

**Meeting Day (Day 1), BALI:** Our group meets on the exotic island paradise of Bali. We have a choice of places to meet, so why not somewhere amazing?

We have a long relationship with the five star, Bali Padma Hotel, located on Legian Beach, not far from the bustling Kuta Beach area. This is our first choice for accommodations, but we have many other very nice options as well. There are numerous things to do and see in Bali, and you could easily make a vacation of just this portion of your trip.

After the team has arrived, we will all sit down for a team meeting, followed by a gear check. Once we are certain we all have the kit we need for the climb, we'll head out for a welcome dinner, courtesy of Mountain Trip. (D)

**Day 2:** We will have time to take in some of the amazing cultural sites of Bali. This is essentially a contingency day in case baggage is delayed. (B)

### **Day 3, Fly to Papua:**

Indonesia is a sprawling collection of islands and it often takes several flights between islands to reach our destination. Where we land on Papua is dependent on how we will access the mountain, however possible points of arrival could include Timika, Nabire or Wamena.

Our accommodations in Papua could range from the 4 star Sheraton in Timika to the other end of the spectrum in Wamena or Nabire. If we have the opportunity, we will visit a local village. Papua is adventurous! (B)

**Day 4, Fly to the Lakes Base Camp:** This could take one or more days, depending on which helicopter we secure for the flight and where we fly from. If we fly from the north, the helicopter will require a refueling station along its flight path.

Papuan weather often follows an orographic pattern, meaning thick clouds and rain in the afternoon. This can easily prevent us from making multiple flights to Base

Camp. We have planned for this with multiple contingency days in our schedule and our company policy of remaining rigidly flexible on expeditions. Patience is very important for this expedition. (B, L, D)

**Day 5, Acclimatization:** Lakes Base Camp is at 14,000 feet, and we just flew to that altitude from sea level, so we'll take some time to allow our bodies to adjust. This day is useful as it affords us a chance to review some of the technical skills that we will need to employ to climb our route up the mountain. (B, L, D)



### **Day 6, Summit Day!**

We'll wake up early and get an "alpine start" as this can be a long day. We will try to descend before the afternoon showers, but everyone should plan on getting wet at some point during the day.

We start climbing after a short hike to the base of the route. The first moves are intimidating, but the climbing quickly eases to 4th class terrain with occasional low-5th class moves.

The summit ridge requires some rather advanced ropework to negotiate

three gaps in the otherwise contiguous ridgeline. The first of these requires a Tyrolean Traverse, which makes for first-class photo opportunities!

The descent takes almost as long as the ascent and requires well over a dozen rappels. Patience and deliberation are required to see us all up and down the route. (B, L, D)

Days 7-9, Contingency Days (B, L, D, if on the mountain)

Days 10-11, Flight from BC days.

Days 12-13, Travel to Bali (B)

Day 14, Fly home

Included meals are indicated by (B, L, D)

# EQUIPMENT LIST

Climbing **big mountains** inherently requires specialized equipment. **The following is a list of required gear for climbing Carstensz Pyramid with Mountain Trip.** Many of the items on the list need to fit you well in order for you to fully enjoy your experience on the mountain. Please plan ahead with equipment purchased for your trip so you can be certain that your gear fits you well. The summit ridge on Carstensz is not the place to discover that your pack is too small for your torso, or that your boots give you blisters. Recommended items reflect the opinions of our guides.

We use and have faith in all of our recommendations, but they may not necessarily fit or work for you. Call or email with any and all gear questions, as we want you to be as prepared as possible for your expedition. We know what works, so please use us as a resource.

## NOTES

Much of today's gear is overbuilt so that it lasts a long time. This translates as heavy! You should be on a mission to purchase the very lightest gear that will serve a given purpose. Grams add up to Kilos... Think about your clothes as a system and how each layer will work with the others.

Become very familiar with all your gear. Know your equipment, how to adjust it, and what to do if something fails. Weight is one of the hardest things to deal with up high, so purchase your gear as if you will be carrying it all. Whether we fly into BC via helicopter or employ local porters for the trek in, we will all have weight limits, so please do not bring additional kit.

# MOUNTAIN LAYERS

## NOTES

- Spend time planning your clothing systems. Consider how everything you bring will work together. Make sure it is as light as it can be and that you can layer it. Please use our staff as a resource for your equipment selection. We are always very happy to answer your questions about equipment as we feel this really is a critical area for your enjoyment and success.
- If you want to return home with your gear, please mark all your equipment with paint or tape. All duffels need to be clearly marked as things can get very mixed up when bags come out on the helicopter or with local porters.

## CLOTHES FOR BALI AND PAPUA

Our Mountain Trip office is at just under 10,000' in the San Juan Mountains of Colorado, so Indonesia's 80- 90 degree Fahrenheit temperatures are quite the transition for us. Shorts and light shirts are the norm, with a couple of nice shirts for wearing out to dinner complete our ensemble. As we'll be spending plenty of time wearing hiking shoes and mountain boots, we'll be wandering around in our flip flops or sandals whenever possible.

## BASE CAMP

Things get a bit chillier in the evenings up at 14,000', and it can rain and rain and... rain at times. A good warm synthetic parka can really make the difference between being comfortable and not. A warm pair of synthetic, puffy pants are also very nice for wearing in the cool evenings.

## TREKKING

It is not a bad idea to have a couple sets of rain gear on a trip like this. We love Gore-tex, but even the best Gore-tex jacket can seemingly fail after a few days of getting rained on. Make certain that your rain gear is in excellent shape and consider giving it a DWR (Durable Water Repellent) treatment before you leave, to help water to bead up on the outside of the fabric and not "wet out" the material, affecting its breathability and making it feel damp on the inside.

Sunscreen and lip balm need to be copiously applied in the Equatorial sun of Bali and Paupa. You don't want to get burned early on and suffer throughout your expedition!

## SUMMIT DAY!!

Our pre-dawn start can be chilly, and could be wet, so you'll need warm layers, as well as your best rain gear.

What type of gloves to wear is a matter of much debate. The potential for wet conditions definitely warrant a good pair of Gore-tex lined gloves, however the sharp limestone of the route can easily destroy fabric gloves.

We recommend having a few gloves for the route. A good, mid-weight insulated glove with a leather palm and Gore-tex or similar lining can be very useful if we find cold or snowy conditions. A lighter weight soft shell glove with a leather palm is a good choice for less damp conditions. Some people find that a synthetic work glove with a rubberized palm such as those designed for working in damp, colder environments can work very well.



# GEAR LIST

## FOOTWEAR

You should really have a couple pairs of boots for this trip, in part for the potential for rain and also because the best choice for climbing might not be the best for a long hike.

\_\_\_ **CLIMBING BOOTS:** Climbing boots or shoes are preferred for the ascent, as they tend to be made with “sticky” rubber soles and often have a lower volume toe box, making them much more sensitive when worn in more vertical settings. Gore-tex boots are best for this and our **Guides’ Pick is the Trango GTX from La Sportiva**

As with any footwear, fit is most important, and you should put some miles into your boots before the trip to help ensure that you don’t get blisters on the expedition. It is important that these boots are comfortable enough to trek for days, waterproof, and good climbers.

\_\_\_ **GORE-TEX SOCKS (Optional):** If your boots are not totally waterproof or if they are not relatively new, waterproof boots, consider a pair of Gore-tex socks or a pair of Seal-Skin or similar, waterproof socks. We’ve tried to impress upon you that it can be wet over on Papua, so any measures you can take to help stay dry will help.

**Please be certain that these are well broken in before the trip, as you do not want to get blisters in the hot and humid environment of West Papua, if you can help it.**

## LEGS AND FEET

Consider how your layers will work as a system. Think about how easy or difficult it might be to change layers when the temperatures drop... or rise. How will you negotiate things when “nature calls” and the wind is howling?

\_\_\_ **WATERPROOF PANTS:** Again, consider two pair of waterproof pants for this trip. Both should be very lightweight, with one being Gore-tex or similar in construction. Side-zips are not necessary and will only leak, so go for the most basic pair you can find.

\_\_\_ **STRETCH WOVEN PANTS:** We used to consider these optional, but they have earned their keep in our kits. You can wear these to the summit on many trips. In fact, a highly wind resistant pair will work on their own for many Carstensz trips.

**Guides’ Pick: Patagonia Alpine Guide Pants.**

\_\_\_ **BASE LAYER:** Two pairs of light-weight synthetic or Merino wool bottoms will keep you dry and warm.

\_\_\_ **LIGHT FLEECE BOTTOMS:** One pair of light fleece or thick Merino wool bottoms will be welcome when the temperatures drop.

\_\_\_ **REGULAR UNDERWEAR:** One or two changes or so should do the trick, although ladies might want a few more. Look for synthetics such as Patagonia Capilene. Ladies should also bring a synthetic sports-type bra or two.

\_\_\_ **SOCKS:** Ideally, you should bring three sets of wool or synthetic medium weight socks that fit with both of your sets of boots. Again, make sure that these fit, as sock thickness can drastically effect the fit of you boots.



# GEAR LIST

## HANDS AND HEAD

\_\_\_ **LIGHT GLOVES (2 pairs):** Consider bringing a light and a medium weight glove. We really like the soft shell versions.

**Guides' Pick: Outdoor Research "Vert" Gloves**

\_\_\_ **INSULATED GLOVES:** It can get very cold on Carstensz. Some of our teams have had significant snow on summit day, so a warm, shelled, insulated expedition glove system with a leather palm is necessary. Our **Guides' Pick is Black Diamond's "Guide Gloves."** They have thick, durable palms that will probably survive the sharp limestone and the numerous rappels and have removable liners for ease of drying.

\_\_\_ **WARM HAT:** You'll need your warm hat to fit under your climbing helmet. We are not fans of Windstopper hats because they also block out sound, which is not good if someone above you is calling out, "ROCK!!!"

\_\_\_ **BUFF:** This is the brand name of a lightweight neck gaiter that can also serve as a hat or headband. These are the choice of virtually ALL of our guides!

\_\_\_ **SUN HAT:** You'll need a baseball type or (better!) wide brimmed sun hat for the intense equatorial sunshine of the mountain. You can combine a baseball hat or visor with a bandana for good sun protection—again, think synthetic.

\_\_\_ **CLIMBING HELMET:** Select a helmet that is light weight and comfortable. You may need to adjust it to fit over a hat for part of the day, so ease of adjustment should be one of your deciding criteria when making a selection. We will wear these for the entire route.

\_\_\_ **SUNGLASSES:** They must provide adequate side protection and filter 100% UVA and UVB. "Sport" style glasses are just fine, as you don't need glacier glasses.

## TORSO LAYERS

You will need to have four layers for your upper body. Although the amount of time spent on the upper mountain is not really that long, we advise you bring a couple extra sets of base and light fleece layers, in case one gets wet.



## TORSO LAYERS

\_\_\_ **SYNTHETIC JACKET (WITH HOOD):** It can get really chilly at 14,000', even this close to the equator. A puffy jacket will help a lot. Synthetic versions are best, as down will become useless when it gets wet, and it will probably get wet. **Guides' Pick: Patagonia Micro Puff Hooded Jacket.**

\_\_\_ **WATERPROOF / BREATHABLE JACKET:** This does not need to be a bulky, burly Gore-tex shell, but should be Gore-tex or equivalent. Light is right with this layer and it should be roomy enough to fit over your puffy jacket or thick fleece layer.

**Guides' Pick: Patagonia's Torrentshell Anorak has less zipper to leak than a full-zip jacket.**

\_\_\_ **LIGHT WEIGHT RAIN JACKET:** Yes, this is another (2nd) rain jacket. As we mentioned before—it can be very wet on Papua and we recommend you bring a true rain jacket in addition to the one above.

**Guides' Pick: Patagonia's Rain Shadow Jacket**

\_\_\_ **LIGHT PUFFY JACKET:** There is a new generation of synthetic jacket on the market that is a great option for Carstensz. Lighter than a thick puffy, these are very versatile for moderate climates.

**Guides' Pick: Patagonia Nano Puff Hoody**

\_\_\_ **LIGHT FLEECE TOP:** Bring two tops made from 100-weight or Powerstretch fleece. A zip t-neck is very nice for ventilating.

**Guides' Pick: Patagonia R1 Flash Top or (better!) R1 Flash Hoody**

\_\_\_ **T-SHIRTS or SUN SHIRTS:** Two synthetic t-shirts will be appreciated on warm days at BC or in case we trek to the mountain. Some people prefer long sleeve shirts for their added sun protection. There are also a number of nice, ventilated, button up shirts on the market as well.



# GEAR LIST

## PACKS AND DUFFELS

\_\_\_ **CLIMBING PACK:** 2000-3000 cubic inches or 30-40 liters will be sufficient for your extra layers on summit day and for your personal kit if we need to hike in to BC.

\_\_\_ **PACK RAIN COVER:** A rain cover makes a lot of sense in a rain forest! Alternatively, a good, stout plastic liner will probably suffice. Plastic trash compactor bags work well.

\_\_\_ **LARGE ZIPPERED, LOCKABLE DUFFEL:** Some duffels are more waterproof than others and this is one trip where it is worth finding a good, lightweight duffel that is as close to waterproof as possible.

**Guides' Pick: The Patagonia Black Hole Duffel 120L is almost waterproof.**

## SLEEPING GEAR

\_\_\_ **SLEEPING BAG:** Rated to 15 F. Synthetic bags are much better in the wet environment of Papua, so please do not bring a down bag.

\_\_\_ **WATERPROOF STUFF SACK:** A number of companies are making fully waterproof stuff sacks these days, with roll-top (dry-bag style) closures. You should invest in one of these for your sleeping bag, if not for all your clothes.

\_\_\_ **SLEEPING PADS:** Two pads are pretty nice to have, just...in...case... We suggest one be a closed cell pad such as a Ridge Rest or a Karrimat and the other an inflatable or self-inflating pad. While Therm-a-Rest inflatable pads have traditionally been the warmest and most comfortable our

**Guides' Pick is the Thermo Rest Neo Air regular paired with a Ridge Rest.**



## ESSENTIAL PERSONAL ITEMS

\_\_\_ **STUFF BAGS** for your personal items.

Sil-nylon sacks are the lightest currently available and do well in the wet, but there are some nice, fully waterproof options as well.

\_\_\_ **WATER PURIFICATION SYSTEM** (there are many good options, and they get better every year, be certain to have enough to treat 5-6 liters per day for approximately 12 days)

**Guides' Pick: Polar Pur Iodine system**

\_\_\_ **CAMELBACK HYDRATION SYSTEM** (optional, but well worth the weight)

\_\_\_ **TWO (2) ONE LITER WIDE MOUTH WATER BOTTLES** ( or a hydration system)

\_\_\_ **LIP BALM 1-2 (WITH 30+SPF)**

\_\_\_ **SUN SCREEN (4-6 OUNCES in two or more small tubes)**

\_\_\_ **TOILET PAPER (1 roll)**

\_\_\_ **HEADLAMP w/ NEW BATTERIES** The small, LED versions work great and are light enough to bring along an extra headlamp.

\_\_\_ **EXTRA SET OF BATTERIES** Bring Lithium batteries for summit day, they work well in cold temperatures.

\_\_\_ **TOILET KIT** (Tooth brush & paste, floss, Handi-wipes,... keep it small)

\_\_\_ **HAND SANITIZER** A small bottle will suffice for the trip.

\_\_\_ **"P" BOTTLE** (wide mouth collapsible Nalgene work great- they make a 96 ounce version- Todd's choice! Ladies look for funnel type adapters and practice with them before you come- They work great!)

\_\_\_ **PERSONAL MEDICAL KIT** (Blister kit, aspirin, antacids, lozenges, Ibuprofen, prescriptions medications per advice from your doctor)

**Mountain Trip will have a comprehensive medical kit.**

\_\_\_ **PATIENCE AND SENSE OF HUMOR** Both are essential on any Carstensz climb!

# GEAR LIST

## CLIMBING EQUIPMENT

\_\_\_ **HARNESSES:** Select a traditional harness with a comfortable swami belt that fits over all your layers. It must have gear loops on the belt and a belay loop in the front.

\_\_\_ **ASCENDERS:** One full sized ascender for self belay on the fixed lines.

\_\_\_ **CARABINERS:** Bring four large locking carabiners and six non-locking ones. Please do not bring any bent-gate biners, as these are of limited functionality for our purposes.

\_\_\_ **"Figure 8" BELAY / RAPPEL**

**DEVICE:** A large "Figure 8" works very well on the varying diameter ropes we may encounter on our long descent. Familiarize yourself with how to use it before your trip so that it is second-nature when on the route.

\_\_\_ **ACCESSORY (PERLON) CORD:**

Please bring 10 meters of 7 mm accessory cord, which we will cut up and use for various uses.

\_\_\_ **TREKKING POLES:** Adjustable poles work best and they travel more conveniently. Black Diamond Flick Lock poles are recommended as they are less prone to spontaneously collapsing than other versions.

## OPTIONAL ITEMS

\_\_\_ **CAMERA,** with lots of memory and extra batteries. Olympus makes a waterproof version that works very well.

\_\_\_ **BOOK** or e-Reader for storm day reading.

\_\_\_ **ALTIMETER WATCH**

\_\_\_ **FOOT POWDER**

\_\_\_ **BANDANAS** - multipurpose!

\_\_\_ **PERSONAL MUSIC PLAYER** - Flash drive versions work better at altitude.

\_\_\_ **10** of your favorite Energy Bars, or Candy Bars and some Energy Drink (it is nice to have some of your favorites as comfort food. Don't over do it as this stuff gets heavy and we will provide plenty of food)



**Please follow this list closely and do not hesitate to call us for clarifications or to solicit an opinion about anything you are considering. There is a very limited selection of gear available in Bali so please do not plan on picking anything up down there. Only bring quality gear that is in very good condition.**

**Equipment is available at:**

**Feathered Friends in Seattle**

**\*\*Mention that you are joining Mountain Trip and receive a 10% discount.**

**[www.featheredfriends.com](http://www.featheredfriends.com)**

**+1-206-292-6292**

**Our industry partner, Patagonia, has generously provided us with coupon codes**



# OUR SOAP BOX



Mountain Trip is committed to Low Impact Practices in all aspects of our operations. We travel among some of the most beautiful mountain environments in the world and believe it is our responsibility to protect these places in whatever way we can. We practice the "Leave No Trace" policy in the wilderness to minimize our impact in the pristine mountains where we lead our trips.

As mountain guides, we are lucky to be able to travel to remote locations around the globe and visit different peoples and places. While acknowledging that our mere presence in some regions is an impact, we will always do our best to learn about and respect local cultures in all our travels.

Moving forward into the second decade of the new millennium, we need to be conscious of the fact that the choices we make affect the footprint that we leave on this planet. We try to do our part to make this world a better place by purchasing healthy expedition food with minimal packaging and packing out our trash on expeditions. We support vendors who practice lower impact policies. Our Mountain Trip T-shirts are made from organic cotton and we utilize a solar powered web service to power our website. Since 2008, we have been purchasing carbon offsets to reduce the impact of our operations.

As a company, we invest heavily in our guides and we think that you will notice what a

difference this makes on our trips. Mountain Trip has always felt more like a family than a corporation and this is a big reason that so many of our guides return year after year. A result is that all of our lead guides are among the most experienced and respected in the world.

We encourage you to call our office with any questions or comments. When you call, you will be able to reach someone who has climbed Carstensz multiple times and can give you advice based on personal experience not based on an informational "cheat sheet." We love what we do and are excited to share the high mountains with you. Thanks for your trust and we'll see you in Bali.